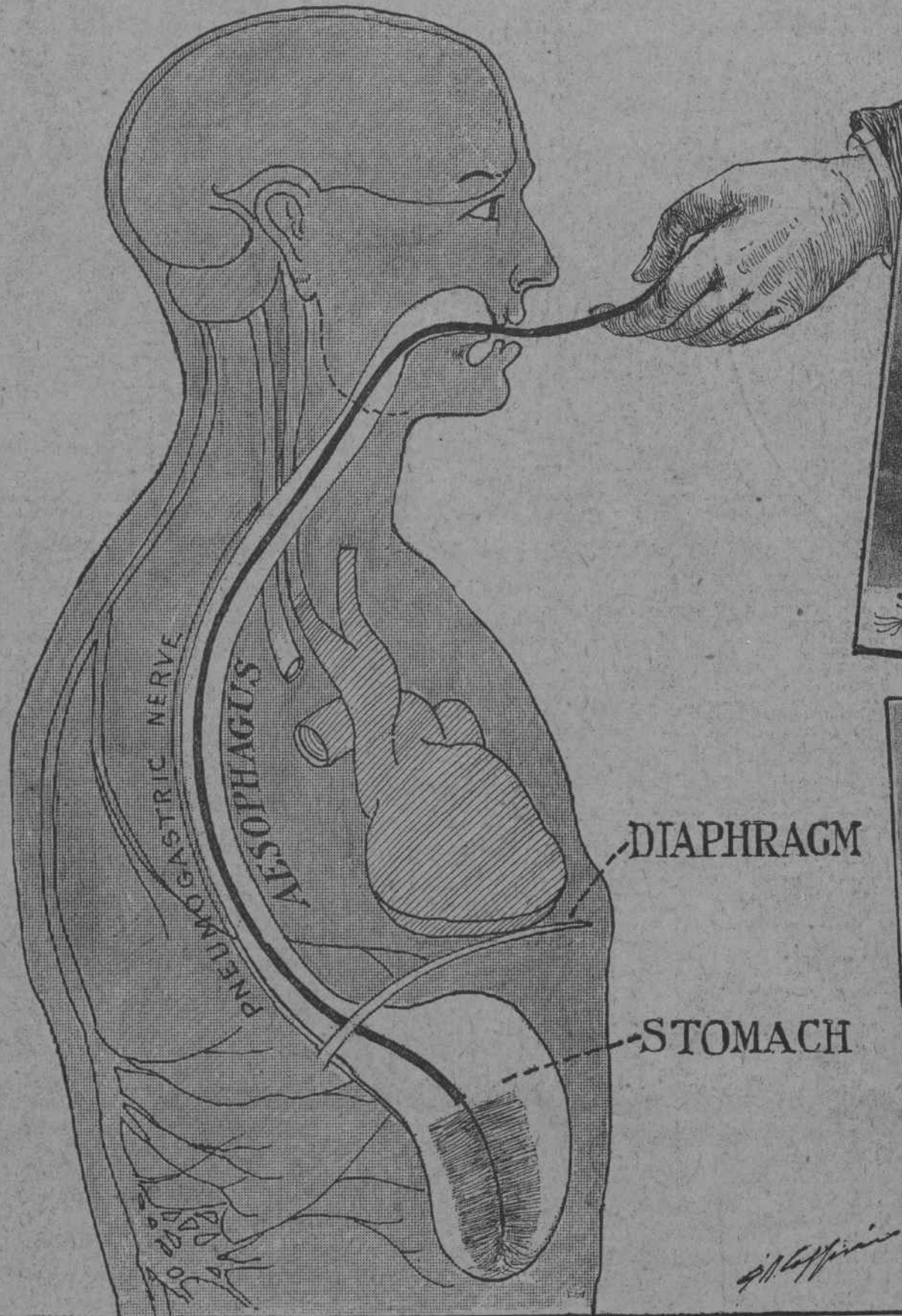


THE STOMACH SCRUBBED CLEAN WITH A BRUSH.

A new cure for dyspepsia, which sounds intelligent and reasonable, and is based upon the belief that a thorough cleaning out of the injurious accumulations around the walls of the stomach puts an end to indigestion.

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These Photographs and Drawings Show How Dr. Americus Enfield Inserts a Brush, Sponge and Sprayer Into the Stomach and Removes the Substances Which Clog Up the Digestive Machinery.

BY DR. AMERICUS ENFIELD,
Member of the Pennsylvania State Medical Board.

AS so many surgical operations are now performed on the internal organs of the body, it occurred to me that the stomach might be cleansed and treated in a similar way. I was led to attempt this by the hopelessness of curing stomach troubles by the use of drugs. So I had constructed some instruments for brushing, cleansing, massaging and spraying the stomach without giving any pain or doing any harm.

My first step in restoring a man's stomach is to give the patient a glass of hot water in which is dissolved a small quantity of pure hickory ashes. This is the only alkali that I have yet discovered which will thoroughly dissolve the thick, glue-like mucus that adheres to the walls of the stomach.

I then introduced through the mouth a small rubber-covered cable, to the end of which is attached a number of white hog bristles, which on entering the stomach at once expand like a brush. This cable is then revolved by a special machine at any rate desired. By raising and lowering the cable every part of the stomach is thoroughly brushed. The effect of this alkali brush bath is like scrubbing the body with soap and water. It cuts loose all poisonous matter, which is constantly being absorbed by so many dyspeptics, and leaves the stomach in a condition to be thoroughly cleaned out.

After the brushing process is completed, I spray out the stomach with pure sterilized water. For this purpose I use a fountain suspended ten or fifteen feet above the patient's head. The tube which is attached to it has a fine nozzle on the end which sprays the stomach like a lawn sprinkler. At the same time another tube is run down into the stomach, and through this is pumped out all the waste water, together with its impurities. Where a more powerful spray seems to be needed I use a suction syringe by which I can splash the water up and down in the stomach. This increases the motive power of the stomach by stimulating its muscles.

When the stomach is thoroughly flushed out I proceed to put its muscular walls through a set of gymnastic exercises. This is done by forcing pure oxygen in and out of the stomach by means of a bellows. The effect of this is to restore the lost motive power of the organ. Sometimes in obstinate cases I put a medicated cord into the stomach and allow it to remain there till it produces contraction. This is the treatment which I use for chronic gastritis, catarrh, dilatation, contraction and other diseases of the stomach. It removes all decomposed food, tenacious mucus, gas and germ life, and leaves the stomach pure and sweet. Digestion is then restored by the stomach regaining its lost motive power.

Madame Pote Shows How to Receive a Young Man Caller.

(See Photographic Supplement.)

THE awkward woman of the future will be so not from necessity, but from choice. Grace is not so much a heaven-born blessing as it is a matter of hard work.

The modern girl of fashion is trained to be graceful. Generally speaking, her dignified carriage, her charm of motion and her apparent inborn grace of manner are but the results of long and faithful practice.

The photographic supplement of to-day's Journal shows a series of pictures illustrating the correct and graceful way for a young woman to receive a young man caller.

The photographs were posed under the direction of Mme. Pote, who teaches young women to be graceful. If the following instructions are carefully observed and the positions practiced, grace of manner is sure to be the result.

"Very few women," says Mme. Pote, "know how to sit correctly. The careless position they assume both in the house and in public conveyances are not only awkward, but frequently immodest."

"Now, here is the correct way to stand and offer the hand in greeting."

"Stand with the whole upper torso upright. Carry the right hand forward in a circle toward the left side. Have the palm upraised and parallel with the upper chest. Stand upon left foot, bearing the weight upon it. Have right foot free and slightly backward."

"Don't stand with the feet wide apart or the elbows akimbo, and never allow the knees to be bent in a lackadaisical manner."

Mme. Pote does not approve of the new

head to the other. Have the knees nearly together, elbows touching the sides of the body; shoulders, elbows and hands of the arms designated at various times as fashionable handshakes she considers not only ungraceful, but bad form.

To shake hands correctly, Mme. Pote says: "Let the hostess carry her hand forward parallel with the upper chest, never below it. Her palm should be upraised, and the visitor's hand should be received with a firm pressure rather than a vigorous shake."

How to leave a room gracefully is the lesson of every young woman's existence. To the untrained it is no easy matter.

To back out of the room or not to back is a serious question for the uninitiated to cope with, especially when the exit is to be made from the modern overcrowded drawing room.

Mme. Pote says: "Don't turn your back straight upon the company and then proceed to walk out of the room, neither attempt to back out. To leave the room gracefully one should turn her back as little upon the assembled company as possible, taking rather a side movement in walking, with the head and chest turned slightly toward the guests. When the door is reached turn entirely around and step back three or four steps. In doing so have the body curved from hip to brow, so that it forms a slight crescent. Raise the eyes as you say good-night."

"All these positions should be practiced so frequently that they are perfectly familiar to the pupil. In this way they may be assumed gracefully."

"It is needless to say that they will be of no benefit to the woman who does them in an automaton fashion."

In deep seated cases of indigestion this treatment has to be repeated daily for four to eight weeks. Out of one hundred cases operated upon it is said that all but two have been cured.

After the stomach is restored to its normal action Dr. Enfield prescribes a strict diet. If the person wishes to have a complete and permanent recovery. He advises the eating of graham bread, meats, fruits and vegetables.

He taboos all sugars and uncooked starches and fermented food. He advises not to take any medicines, frequent bathing and plenty of outdoor exercise. After a man is cleaned out by this stomach treatment and put on this new diet the doctor claims that a person is remade in flesh, blood, muscle and nerve.

Dr. Enfield holds that nearly all bodily ailments have their origin in the stomach. The poisoning of the body begins often in infancy, when children are fed with improper food, and the process continues right up to old age.

The result of bad diet is that each year there is an increase of gastric derangements, cancers, bad liver, bad kidneys, rheumatism, diabetes, Bright's disease, constipation, diarrhoea, appendicitis and impaction of the bowels, are the results of internal poisoning.

From these come many of what is known as infectious diseases, developed as a result of bad digestion. Disease does not come by chance, but as a result of our modern modes of living, he believes, and by faulty preparation of food.

The stomach is an organ which will stand more abuse than any other part of the body. Even then it can be made over and brought back to its normal condition.

It appears that old-fashioned doctors were not so far wrong when they tried to cure all stomach troubles by giving an emetic. But they didn't go far enough. They simply turned the stomach upside down, and didn't finish the job by cleaning it out and putting it in the right condition again.

European specialists have also used washing out processes. Dr. Enfield believed that they were on the right track, but did not go far enough. They did not break up and remove the diseased matter which accumulates in an unhealthy stomach. So he began his thoroughgoing American fashion to perfect a system to do all these things. So successful has Dr. Enfield been that the town of Bedford, Pa., in the last six months has become a Mecca where invalids from all parts of that State and Maryland are flocking to be internally renovated.

WHAT A TITLE SELLS FOR.

TITLES are alluring things, but it is not generally known that they can be bought, if paid for at the market price. In fact, in all European countries, titles are purchasable commodities.

It is required, in the case of a patent of nobility, that the recipient of the honor shall pay the registration fee. From these fees the Government derives a considerable income. Should the Government need money its official organ announces the fact that the "Sovereign deigns" or "is graciously pleased" to confer a Marquisate on this or a Dukedom on that faithful subject. The other important fact—that the new Marquis or Duke has paid the heavy registration fee—is not mentioned.

In Spain, Portugal and Italy the registration fees range from \$4,000 for a Duke to \$25,000 for a Marquis and \$2,000 for a Count. In all three countries the creation of a dozen peers makes a very acceptable addition to the revenue. In Germany the fees are so heavy that Prince Bismarck refused to pay them. He declined to take up the title of Duke of Lauenburg, as it would have cost him something like \$2,500, and when he was created Prince the old Emperor William paid the fees for him.

In Great Britain the fees are not so high. On the creation of a Duke the registration of the Royal Letters Patent costs \$400; in the case of a Marquis, the fee is \$300, and so the price goes down—£250 for an Earl, £200 for a Viscount, £150 for a Baron, £100 for a Baronet and only £30 for a Knight.

While in England titles are not actually bought and paid for in money, it is true, nevertheless, that they are bought. For instance, a man may acquire a title by identifying himself with a great political party and subscribing heavily to its election fund. Or he can buy a newspaper and support the party. Or he can be philanthropic, give largely to charity and square the account by accepting a title.

In France, since the establishment of the Republic, it has not been possible to buy titles. In that country you have to be content with the Legion of Honor for your money. But when a nobleman is childless and without direct male heirs to perpetuate the title, he may adopt a young man for that purpose. This fact is taken advantage of by people with money. Most of these nobles are poor and quite ready to "adopt" a young fellow who brings with him a goodly portion of cash.